



Activity sheets for kids of all abilities

Integrate both sides of the body with **bilateral coordination**

Children need the ability to use both sides of their body together in a coordinated manner in order to promote improved self-care, play, and school readiness skills. These activities require two hand use or bilateral motor coordination which in turn helps promotes using both sides of the body together.

Strategies to develop **bilateral coordination**

- **Play catch!** Start with a larger ball and as your child is successful, use smaller size balls. If catching a ball is too hard for your child, use a balloon which moves slower and therefore is easier.
- **Clapping songs/games** such as pat-a-cake, or clapping bubbles to pop them. You can also have your child hold a bucket or other container with two hands and “catch” bubbles or a tossed ball.
- **Pop beads** or other pull apart toys such as magnet blocks or VELCRO® blocks.
- Have your child hold a dowel horizontally with two hands and hit at a suspended ball or other object. You can also toss a ball or balloon to them and have them hit it back to you.
- **Balloon volleyball.**
- **Sewing cards/lacing games** which can be purchased or home made with cardboard, a hole punch, and a shoelace.
- **Riding a tricycle** or bicycle or other riding toy.
- **Sack races** with old pillowcases, skipping, swimming strokes.
- **Wheelbarrow walk** or “animal” walks such as a kangaroo hop, crab walk, or the bear crawl.
- **Rolling out play dough** or cookie dough with a rolling pin.
- **Constructional toys** such as LEGO® Bricks, ZOOB®, or other put together/pull apart games.
- **Stringing beads.** You can use larger or smaller beads depending on your child’s skill level. You can also string dried macaroni, Fruit Loops®, or other items with holes. If your child has difficulty manipulating string, using pipe cleaners, straws, or plastic tubing makes this activity easier!
- **Craft activities** that require cutting, coloring, painting, and pasting.
- **Musical instruments** such as drums, cymbals, flute, clarinet, guitar, or piano.
- **Carrying large objects** from one place to another. You can incorporate this into “clean up time!” For smaller objects, have your child place small toys in a plastic bin and then carry the bin to put the toys away.



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ITEM #	PRODUCT
009586	Sportime® Poly PG Gradeball Set, 7 Inches, Set of 6
443942	Crayola® Reusable Modeling Dough Classpack, Set of 6
2039438	Abilitations® Lacing Set, 35 Pieces

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